



## Things to Ponder

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## What is Faith?

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*By Judi Moreo*

Faith is the confident assurance that something we believe is true or something we desire is going to happen. It is the absolute certainty that what we hope for is waiting for us, even though there is no tangible proof.

In today's stressful world, people have a greater need for spirituality than ever before. We need to know there is a reason and a purpose for our lives. We also have a need to know we aren't floundering about on our own. We must absolutely understand and know in our hearts there is a power in the universe bigger than we are. This power is with us and for us and gives us strength in good times and bad. It is always supporting, comforting, challenging, guiding, and loving us. Those without faith feel lost, empty, and alone – and the sad part is they usually don't even know why they feel that way.

Faith is a very personal thing. This power is whatever it means to you. Many of us have different names for this power. How you sense, feel, and communicate with this power is your personal choice. Many of us believe as we do because we were born into our faith or we were taught as children to believe in a certain doctrine or religion. Many of us have been taught there is only one way to believe and to be faithful. I believe there are many paths to a spiritual awakening. I choose to call the power in my life, "God." I also believe that whatever you call this power, whether it is Creator, Buddha, Creative Intelligence, Spirit, or Cosmic Consciousness, a higher power is there for everyone. Once you accept that there is a higher power and find your own expression of your faith, you will be amazed at what your belief will do for your confidence. This belief in a higher power gives us the strength to get through the tough times. It gives us the courage to face change and step out into new adventures. Courage is the willingness to maintain our faith, even in the face of all contradictions.

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